

Naval Station Norfolk/Naval Support Activity Fitness Programs

Incentive Programs

- **Take the Triathlon Challenge!** If you ever imagined yourself completing an Ironman, here's your chance. The challenge is to complete the following activities and distances in 10 weeks time: Swim or Row 2.4 miles, Bike 112 miles, Run a marathon (26 miles).
- **Run to Your Hometown** – This program challenges you to run the distance, 250 miles to be exact. Sign-ups are taken at any time and there is no time limit for completion.
- **Bike America** – Choose one of four routes across the United States and track your progress in completing the 24 legs of your journey. Each 30-minute bicycling session (either here on our Lifecycle or on your bike outdoors) gets you one leg closer to Virginia and a fabulous prize. Pedal all the way across America and earn a very nice workout towel! Please note that workout sessions lasting in excess of 30 minutes do not count as more than one leg of the journey.
- **Bench Press Club** – Test your strength and earn accolades for your abilities. Men and women are invited to challenge their bench-pressing prowess and earn great prizes. Pounds lifted and prizes are listed in each of the fitness facilities.
- **5-Day Brown Bag Challenge** – Check your health and fitness expertise with our Brown Bag Challenge. You may complete this incentive anywhere during the six-week period, but the incentive itself takes only one week. You will need to complete it during one week, Monday – Friday, to earn prizes. Pick up a challenge card, complete the exercises listed and see if you can answer the questions that go along with the exercises. Answer all questions right and receive a water bottle, 15 or more a shoe caddy, and below 15 your picture on the Fitness Wall of Fame.

All participants will receive an award for their accomplishments. Incentive awards may include certificates of recognition, key caddies, water bottles, towels, or T-shirts. Awards vary depending on incentive program and varying degrees of completion. Participants will also be recognized on the "Fitness Wall of Fame" in each of the facilities. The incentive programs listed may not be offered all at one time. They will vary depending on location. Please see your facility fitness assistant for more information.

On-Going Programs

- **Orientations** – Once you know what exercises you can do, the next step is learning how to use the equipment. Sometimes just the looks of the equipment can be overwhelming, but our fitness team is here to help. Equipment orientations are available for individuals or groups by appointment. They will cover cardiovascular and circuit training equipment. Contact the facility fitness assistant to schedule your appointment.
- **Fitness Assessments** – Fitness assessments are available by appointment to determine your current fitness profile and help you get started on your way to a healthy lifestyle. Cardiovascular fitness, muscular strength, flexibility, body composition, resting heart rate, and resting blood pressure are all evaluated. Results determine an individual's fitness profile and determine what exercise program may be right for you.
- **Body Fat Testing** – May be assessed separate of the fitness assessment. Please schedule your appointment with the facility fitness assistant.